



Sugar Snap Peas

Fact Sheet



Where did they come from?

Peas have been used in dry form since ancient times, and were found in Egyptian tombs by archeologists. During the sixteenth century more tender varieties of peas were developed and eaten fresh. Sugar snap peas are one variety of peas, which are a cross between garden peas and snow peas. Sugar snap peas were developed in the seventeenth century but did not become commonly available in the United States until the 1970's.

Where do they grow?

Sugar snap peas are grown in California, Connecticut, Florida, Illinois, Kansas, Kentucky, Louisiana, Maine, Massachusetts, Michigan, Mississippi, Missouri, New Hampshire, New York, North Carolina, Oklahoma, Oregon, Pennsylvania, South Carolina and Utah but are most abundantly grown in California. They are a cool weather crop and are available from late spring to early summer. Fresh sugar snap peas have a limited distribution throughout the states but frozen sugar snap peas are widely available all year long.

How do they grow?

Sugar snap peas grow on a vine, which is supported by a trellis or other support system in order to keep the pods from touching the soil. The plants are generally about 4 feet high. After seeding, the sugar snap pea plant will mature in 70-75 days. At maturity the pods reach a length of 2 ½ to 3 inches. Before eating, the pods require "stringing" which is the removal of the thread-like string running the length of the pod.

Are they healthy?

- 👉 Good source of vitamins A, C, thiamin, riboflavin and niacin
- 👉 Provides adequate amounts of phosphorus, iron and potassium
- 👉 No cholesterol, almost no fat and are low in sodium
- 👉 Pod contributes mostly water and vitamins

How do you pick a good one?

- 👉 Look for bright green, firm pods with a slightly velvety feel
- 👉 Pods should be plump and filled and appear as if almost bursting
- 👉 Avoid limp, yellowed or heavily speckled pods

☺ FUN FACTS! ☺

Sugar Snap Peas

Did you know...

- ☺ Did you know a 100-calorie serving of sugar snap peas contains more protein than a whole egg or tablespoon of peanut butter?
- ☺ Did you know sugar snap peas are from the legume family?
(Legumes are plants that produce pods containing edible, fleshy seeds.)
- ☺ Did you know about 1 cup of sugar snap peas equals 45 calories?
- ☺ Did you know the pods of sugar snap peas are plump, sweet and tender?
- ☺ Did you know there are other varieties of snap peas including Sugar Rae, Sugar Bon and Sugar Ann?
- ☺ Did you know frozen or fresh sugar snap peas make a great cold snack with dip?
(Blanch, “shock” in ice water and chill. Serve as a finger food with your favorite dip.)
- ☺ Did you know that sugar snap peas are only available fresh and frozen?
(The high temperatures used for canning would destroy the structure of the pod.)
- ☺ Did you know sugar snap peas require very little cooking time?
(Cook only 2-3 minutes at a simmer. If overcooked the pods soften and the flavor is destroyed.)

Remember ...

Include 5 - 9 servings of fruits and vegetables per day!



School Food Service Link.....

Quick Steps to 5 - 9 servings of fruits and vegetables per day at school...

Listed below are suggestions that you may choose at your own discretion

RECIPES:

- ✓ Try a new recipe with sugar snap peas ---
Creamy Dip for Fresh Vegetables (USDA E-13)
Vegetable Soup (USDA H-4)
Chinese Style Vegetables (USDA I-9)
- ✓ Add sugar snap peas to pasta dishes, cold or hot
- ✓ Add peas to tossed salads
- ✓ Blanch, shock in ice water and chill. Serve as a raw vegetable with carrot sticks and/or cherry or grape tomatoes. Offer with a dip or low fat ranch dressing.
- ✓ Mix sugar snap peas into stir-fries
- ✓ Offer steamed, seasoned sugar snap peas as a vegetable component with lunch.
 - ✓ Add Chinese noodles or water chestnuts for crunch
 - ✓ Add diced red pepper or carrots for color

MARKETING:

- ✓ Hang up posters from your "Fruits & Vegetables Galore" Kit
Sense-ational Food; Eat Your Colors Every Day/Tuba Player; Eat Your Colors Today; Enjoy Fruits & Vegetables!
- ✓ Meet with a group of students to discuss the school meal program. Bring new vegetables for them to taste test, such as sugar snap peas. Following the meeting, add their suggestions and the vegetables that they liked to your menus. Include these words next to new vegetables: "Taste-Tested & Student Approved!"
- ✓ Advertise and highlight the fruit or vegetable of the month on your menu
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) page 9

PROMOTIONS:

- ✓ Promote a "Sticker Day" with prizes on featured fruit/vegetable menu day; Give this menu a special name (*Example: Snap to It --- Try Snap Peas!!*)
- ✓ Feature "Green Day" on the day that you offer sugar snap peas on your menu
 - ✓ Encourage the entire school to get involved
 - ✓ Reward students with a small prize if they are wearing green
- ✓ Refer to "Fruits & Vegetables Galore" Kit (*Meal Appeal Manual*) pages 16-31

Presentation **Meal Appeal -----**

Try a Crispy New Texture for Taste Appeal!

Add Sugar Snap Peas to:
Green Salads, Pasta Salads, Raw
Veggies, Cooked Rice &
Mixed Vegetables

Quality:

Batch Cook Vegetables
Before Each Lunch!
Do Not Overcook---
Dulls Color and Destroys
Flavor & Texture!

Safety:

Store Fresh
Produce at
Least 6" Off the
Floor and Away
From the Wall!